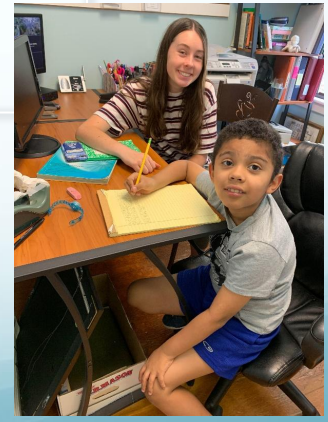
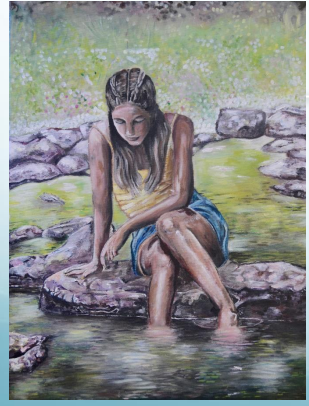




# CAS

# Creativity, Activity, Service

At the center of the North Shore IB Diploma



# Some definitions



- **Creativity**: arts, theater, music, and other experiences that involve creative thinking.



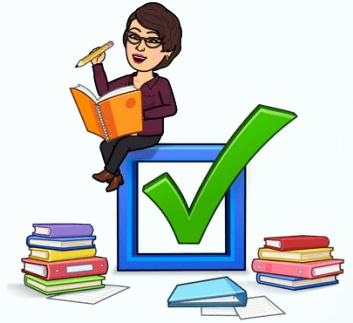
- **Activity**: physical exertion contributing to a healthy lifestyle, complementing academic work elsewhere in the Diploma Programme.

i helped.



- **Service**: unpaid and voluntary, an exchange that has a learning benefit for the student. The rights, dignity and autonomy of all those involved are respected.

# What makes a good CAS experience

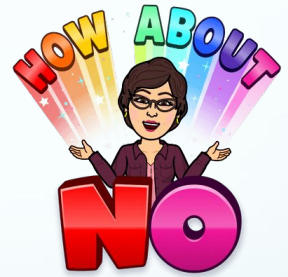


- **Does the experience fit into the definitions?**
- **Does the experience challenge you?**
- **Have you planned and reflected upon it?**

# What is not CAS? (Page 10)

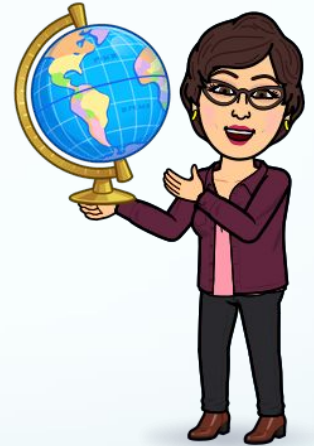
CAS should be a new activity for you and permit your growth in one or more of the learning outcome areas. CAS projects must be approved by the CAS Advisor before you begin. Some examples of activities that would not count toward CAS:

- IB Classes
- Simple tasks that do not allow growth
- Passive pursuits (attending a concert, museum visit, theater, or exhibition)
- Family or religious duties
- Jobs
- Fundraising with no clearly defined end in sight. If done at school, must go through a club or EC group.
- Unsupervised activities  
(Note: Your parent cannot supervise your CAS project.)
- Political or religious activities



# CAS Learning Outcomes (pages 6-8)

- Increased awareness of strengths and weaknesses
- Undertaken new challenges and developed new skills
- Planned and initiated new activities
- Worked collaboratively with others
- Shown personal commitment and perseverance with activities
- Developed greater global awareness.
- Considered the ethical implications of the activities.



# Student responsibilities

- **To plan your CAS experiences and Project**
- **To have a varied and challenging CAS program.**
- **To keep records and reflections on your program, updating Managebac regularly**
- **To communicate with supervisors clearly.**

# Project vs. Experience

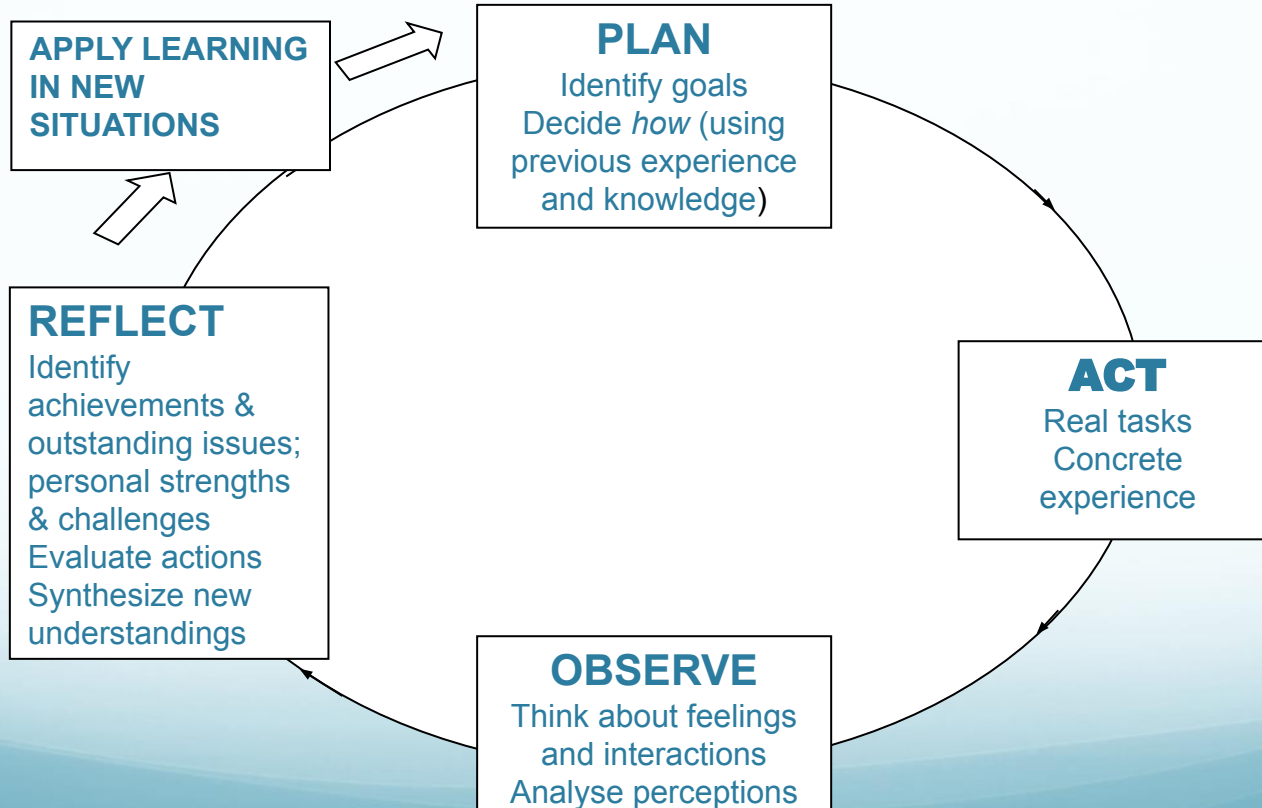
## Project

- **Must be at least ONE MONTH in duration and consist of at least 2 of the facets of CAS**
- **Can be completed any time between Sept 2020 – March 2022**
- **Should be something new you (or a group of you) are creating**
- **Deeper than an activity/experience**
- **Should make a difference in some way**

## Experience

- **Can be in any one or more of the facets**
- **Could be a one time thing or ongoing**
- **Should address one or more of the Learning Outcomes**
- **You should always be involved in either your project or some CAS Activity for the continuous 18 months beginning Sept 2020**

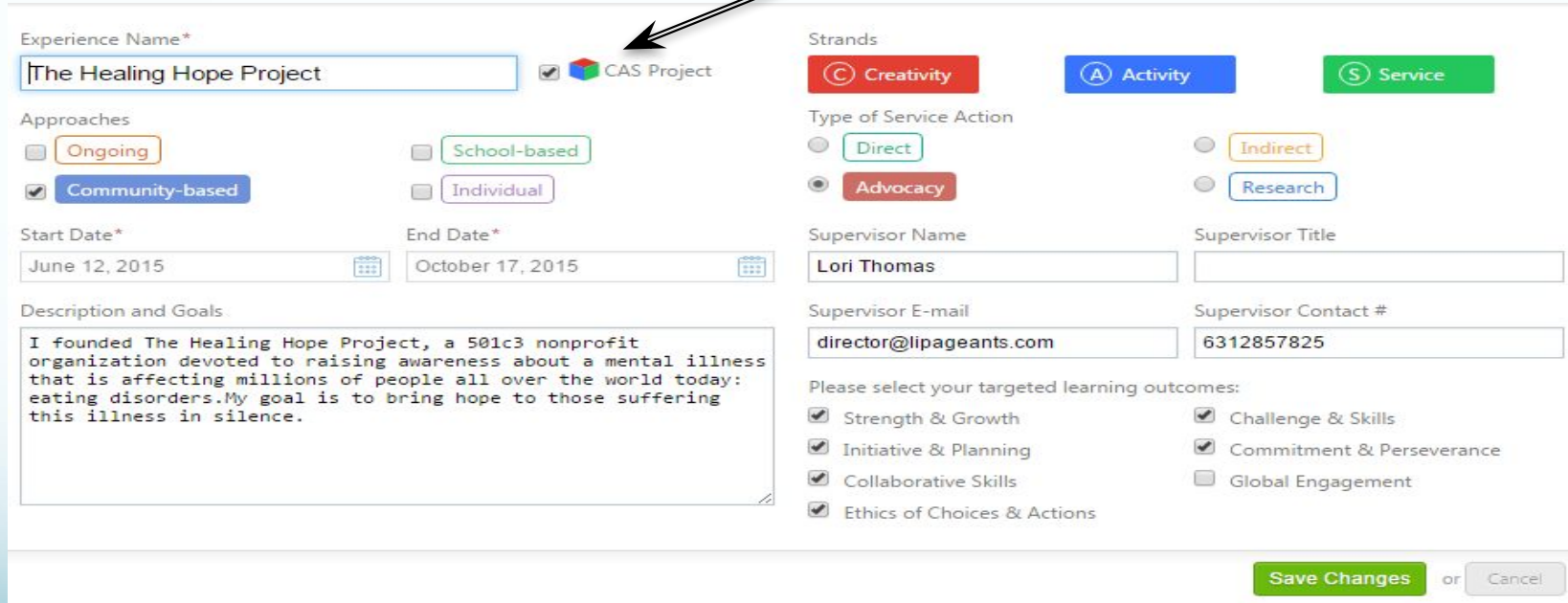
# The cycle of experiential learning





# ManageBac

**Only click this box if it is to be considered your project**



The screenshot shows a web form for creating a ManageBac project. The form is divided into several sections:

- Experience Name\*:** A text input field containing "The Healing Hope Project". To its right is a checked checkbox labeled "CAS Project" with a small icon.
- Approaches:** A grid of checkboxes for "Ongoing", "School-based", "Community-based", and "Individual". "Community-based" is checked.
- Start Date\*:** A date picker set to "June 12, 2015".
- End Date\*:** A date picker set to "October 17, 2015".
- Description and Goals:** A text area containing the text: "I founded The Healing Hope Project, a 501c3 nonprofit organization devoted to raising awareness about a mental illness that is affecting millions of people all over the world today: eating disorders. My goal is to bring hope to those suffering this illness in silence."
- Strands:** Three colored buttons: "C Creativity" (red), "A Activity" (blue), and "S Service" (green). The "C Creativity" button is selected.
- Type of Service Action:** Radio buttons for "Direct", "Indirect", "Advocacy", and "Research". "Advocacy" is selected.
- Supervisor Name:** "Lori Thomas".
- Supervisor Title:** (Empty field).
- Supervisor E-mail:** "director@lipageants.com".
- Supervisor Contact #:** "6312857825".
- Please select your targeted learning outcomes:** A list of checkboxes for "Strength & Growth", "Initiative & Planning", "Collaborative Skills", "Ethics of Choices & Actions", "Challenge & Skills", "Commitment & Perseverance", and "Global Engagement". "Strength & Growth", "Initiative & Planning", "Collaborative Skills", "Ethics of Choices & Actions", "Challenge & Skills", and "Commitment & Perseverance" are checked.
- Bottom Right:** "Save Changes" (green button) and "Cancel" (grey button) buttons.

**Click on the box for C, A, or S to indicated what facet your activity involves.**

# First Quarter CAS Requirements

- Attend CAS Meeting 9/24/20
- Sign up for CAS Remind and GC by 10/9/20
- Return signed CAS Contract after viewing CAS handbook online by 10/23/20
- Log in to ManageBac by 10/23/20
- Upload one CAS Experience to Managebac and one Reflection by 11/6/20

# Requirements of CAS

- **To carry out CAS activities over an 18 month period during junior and senior year (October of Junior year to March of Senior year)**
- **To have a balance of creative, active, and service activities**
- **To complete a CAS project, minimum of 1 month duration, encompassing 2 or more of the components.**
- **To show evidence of reflection, meeting learning outcomes, and personal development.**

# What am I expected to have completed at the end of my CAS experiences?

## Learning Outcomes

- All learning outcomes should have been addressed (Pages 6-8)

## Reflections

- Reflections every 1 -2 weeks
- Sample reflections and guiding questions can be found in the handbook on pages 11-13.

## Portfolio

- 10 pieces of evidence that support your experiences
- Pictures, letters, videos

## Committee Approval

- In April of your senior year, you will present your CAS portfolio to a committee for approval

# What can parents do to help?

- Familiarize yourself with the CAS requirements
- Discuss the requirements/opportunities with your student
- Share your own experiences and reflect upon your own personal growth through your participation.
- Explore your student's interests with him/her and look through listings of possible activities together.
- Encourage your student to build on previous experiences.
- Get involved: attend games, plays, concerts. Provide transportation when necessary.

## Instructions for students and parents to join CAS



**Enter this number**

This is your Remind number we created to keep your personal number secret.

**Text this message**

This is the unique class code we created for your CAS class. Each class gets one. Give this to your students and parents too.

# Any Questions?

Contact Ms. Halloran:

Email:

[halloranc@northshoreschools.org](mailto:halloranc@northshoreschools.org)

Phone: 277 – 7025

